# metro

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Wednesday, May 23, 2018 metro.us | t:MetroPhilly | f:[illegible]lly

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# JUSTICE FOR KANON

**A Philly nonprofit is irate that a 2-year-old dog trained for K-9 work died just two months after being donated, but the North Carolina town tasked with caring for the animal denies any wrongdoing. 4**

PHOTO ILLUSTRATION THROW AWAY DOGS / ISTOCK

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5 THINGS TO KNOW

## WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

Throw Away Dogs is a volunteer-run Philly organization that has made waves nationally in recent years as their model of training stray dogs to K-9 level working dogs has caught the attention from even Dog Whisperer Cesar Milan. So after one of their dogs, donated to a rural police department in need, turned up dead from a choking accident while left in a kennel, they want answers about what exactly happened to Kanon. Read more on page 4 and at **metrophilly.us**.

## TRUMP CASTS DOUBT ON NORTH KOREA SUMMIT

1 President Donald Trump said on Tuesday there was a "substantial chance" his summit with North Korean leader Kim Jong Un will not take place as planned on June 12 amid concerns that Kim is resistant to giving up his nuclear weapons. Trump raised doubts about the Singapore summit in talks with South Korean President Moon Jae-in, who came to Washington to urge Trump not to let a rare opportunity with reclusive North Korea slip away. If the summit is called off or fails, it would be a major blow to what Trump supporters hope will be the biggest diplomatic achievement of his presidency, and a huge disappointment for the president himself. "There's a very substantial chance ... it won't work out. And that's OK," Trump told reporters. "That doesn't mean it won't work out over a period of time. But it may not work out for June 12. But there is a good chance that we'll have the meeting."Trump said whether the meeting will be held as scheduled will be determined "pretty soon." "North Korea has a chance to be a great country and I think they should seize the opportunity," he said.

## REPUBS ONLY INVITED TO SEE CLASSIFIED DOCS

2 Two Republican lawmakers, and no Democrats, are expected to attend a meeting scheduled for Thursday to review classified information relating to President Donald Trump's suggestion the FBI might have used an informant to gather information on his 2016 election campaign, the White House said on Tuesday. Trump's closest conservative allies in Congress have been clamoring for access to the classified documents. The lawmakers have accused the FBI and Department of Justice of political bias against Trump in favor of Democratic former Secretary of State Hillary Clinton during his successful presidential campaign. The meeting attendees will be Representatives Devin Nunes, chairman of the House of Representatives Intelligence Committee, and Trey Gowdy, chairman of the House Oversight Committee, White House spokesman Sarah Sanders told the daily news briefing. FBI Director Christopher Wray, Director of National Intelligence Dan Coats and Acting Principal Associate Deputy Attorney General Ed O'Callaghan are also expected to attend, she said.

## FIRE BREAKS OUT AT OKHLA LANDFILL SITE IN SOUTH DELHI

3 Firefighters are seen at the spot where a fire broke out inside a landfill at Okhla Phase 1 on Tuesday in New Delhi, India.

GETTY IMAGES

## SENATORS URGE TRUMP TO TAKE HARD LINE ON CHINA

4 At least 27 of the 100 U.S. senators, both Democrats and President Donald Trump's fellow Republicans, urged his administration on Tuesday not to soften restrictions on the transfer of U.S. technology to China. "There can be no question that China seeks to surpass the U.S. both economically and militarily and become the world's foremost superpower, and neither the federal government nor private U.S. companies should aid and abet that effort," the senators said in a letter, whose signatories included Chuck Schumer, the top Senate Democrat, and John Cornyn, the No. 2 Republican. President Trump said he was not pleased with the recent U.S.-China trade talks, which he said "were a start" and that there was no deal with China on ZTE Corp. Trump has adopted a more conciliatory stance in the China talks as North Korea has called into question a summit planned for next month. The president's comments come after Treasury Secretary Steven Mnuchin said that the two countries had put the prospect of a trade war "on hold" and agreed to hold more talks to boost U.S. exports to China.

## MCDONALD'S HIT WITH NEW HARASSMENT CLAIMS

5 Ten women who work at McDonald's restaurants in Detroit, Chicago, Los Angeles and six other cities have filed sexual harassment complaints in the past few days with the federal government against the company and its franchisees, which they said ignored or retaliated against them for such complaints. The complaints, filed with the U.S. Equal Employment Opportunity Commission (EEOC), are the latest effort by the union-backed Fight for $15 to have McDonald's designated a "joint employer" of workers at McDonald's franchises and thereby liable when its franchisees violate labor laws. The claimants, including a 15-year-old from St. Louis, said in a conference call with journalists that they were ignored, mocked or terminated for reporting the behavior. The accusations included claims that co-workers or supervisors sexually propositioned, groped or exposed themselves to the women. "I felt I had no choice but to tolerate it," Kimberley Lawson, 25, who makes $8.75 per hour at a McDonald's in Kansas City, Missouri, said on a conference call with reporters.

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# Stray 'Throw Away Dog' trained for K-9 work dies after donation

The Philly nonprofit that trains strays into K-9s is seeking answers after the death of Kanon, one of their donated police dogs.

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The Throw Away Dogs Project is a Philly charity run by volunteers dedicated to finding and saving stray dogs who have potential to work as K-9 police dogs. The team devotes months of training to bring strays who could have been euthanized to the professional standards of a K-9. So when one turned up dead less than four months after it was donated, they were a little upset.

"This turned into something really, really messy," said Throw Away Dogs Executive Director Carol Skaziak. "We have never had this issue."

Skaziak said she was shocked in March when she learned that Kanon, a 2-year-old Dutch Shepherd, had died just four months after being donated to the Bryson City Police Department in North Carolina, where he was undergoing formal K-9 training. She was also told his body was cremated within hours of his death.

The town says Kanon choked to death after chewing off a plastic piece of the outdoor kennel where he was reportedly being kept. But Skaziak said they should have known not to keep the dog with someone who had not undergone K-9 training.

> **"We would have never given the dog to someone with no experience whatsoever."**
>
> Carol Skaziak

"Kanon was a bit of a handful. He needed an experienced handler," she said. "The right thing to do, if they had nowhere to place the dog, was to call us and say, 'Hey, there's a problem.' ... We would have never given the dog to someone with no experience whatsoever."

Regina Mathis, Bryson City town manager, told Metro the officer Kanon was staying with was set to begin training side-by-side with Kanon, and was only off-duty temporarily due to a paperwork glitch.

Kanon, left, a shelter dog trained in police work, died two months after being donated to a North Carolina police department. Carol Skaziak of Throw Away Dogs wants to know what happened. COURTESY OF THROW AWAY DOGS/KAIT MOORE

"This gentleman bonded with the dog. They bonded very, very well," Mathis said. "One afternoon he went out to the kennel to see the dog, and the dog was dead."

Mathis said the dog's plastic kennel had visible bite marks and plastic pieces were seen nearby around. While police officials were "distraught" by Kanon's death, she said, they called a vet and were told to send the dog for cremation. They tried to stop it after Skaziak asked them for a necropsy, but they were too late.

"It was tragic. We wish it hadn't have happened," Mathis said. "I promise you that we didn't get this dog to abuse it in any way. We got this dog so that we could use it."

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# ACLU files an asylum lawsuit for gay Mexican man detained by ICE

The Pennsylvania chapter of the ACLU is suing immigration authorities on behalf of a Mexican man who was detained while applying for citizenship.

SAM NEWHOUSE
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Five months after a Mexican immigrant married to a U.S. citizen was detained while applying for citizenship in Philadelphia, supporters are still fighting for his release, and they are now joining forces with the ACLU.

Supporters of Jose "Ivan" Noe Nuñez Martinez, 37, held a news conference to announce a "call-in" seeking his release, as the ACLU's Pennsylvania chapter filed a petition to get him legal asylum to protect him from persecution for his sexuality back home.

"No human being should be torn apart from their loved ones in this manner," Paul Frame, Nuñez Martinez's husband, said in a statement. "The fact that ICE still is detaining him is absolutely ridiculous."

Nuñez Martinez was detained on Jan. 31 for a 2010 deportation order after he went to a Philly customs office to apply for citizenship.

Frame, the ACLU and activists with Latino community organizations Juntos and Galaei held a news conference on Monday at the William Way LGBT Community Center in the Gayborhood to announce

**"His detention is cruel and unjust, and it discourages people who have a legal path to staying here from pursuing it."**

Reggie Shuford, ACLU-PA

the lawsuit and renew calls for the release of Nuñez Martinez.

Nuñez Martinez immigrated to the US in 2001 out of fear for his life after a gay friend was killed near his hometown in Michoacán, Mexico, supporters said. He has no criminal record in the U.S. besides citizenship-related issues, and has worked and paid taxes while living in the U.S., the ACLU wrote in its habeas corpus petition.

"Ivan has an ongoing fear for his safety in Mexico due to his sexual orientation, and he thought he would be safer here in the U.S.," said Reggie Shuford, executive director ACLU-Pa., in a statement. "His detention is cruel and unjust, and it discourages people who have a legal path to staying here from pursuing it."

As activists rallied to free Nuñez Martinez, the Philadelphia office of Immigrations & Customs Enforcement (ICE) reported 49 arrests during a week-long raid in the Philadelphia area from May 14-20. They said 17 of those arrested had criminal convictions, and 14 had been previously arrested by Philly authorities but released despite ICE detainers, in accordance with Philadelphia's controversial "sanctuary city" policies.

"ICE does not conduct sweeps, checkpoints or raids that target aliens indiscriminately," ICE said in its press release. "This operation targeted public safety threats, such as convicted criminal aliens, gang members and individuals who have violated our nation's immigration laws, including those who re-entered the country after being deported and immigration fugitives ordered deported by federal immigration judges." ICE said they evaluate cases like Nuñez Martinez's on a "case by case basis."

Jose "Ivan" Noe Nuñez Martinez, seen at his 2016 wedding with husband and American citizen Paul Frame, was detained in January while trying to apply for citizenship. COURTESY OF PAUL FRAME

# New Arthritis Painkiller Works on Contact and Numbs the Pain in Minutes

## New cream works faster and is more targeted than oral medications. Key ingredients penetrate the skin within minutes to relieve joint arthritis pain. Users report significant immediate relief.

*By Robert Ward*
*Associated Health Press*

**BOSTON** – Innovus Pharmaceuticals has introduced a new arthritis pain relief treatment that works in minutes.

Sold under the brand name *Apeaz™*, the new pain relief cream numbs the nerves right below the skin.

When applied to an arthritic joint, or a painful area on the body, it delivers immediate relief that lasts for hours and hours.

The powerful painkilling effect is created by the creams active ingredient, a special medical compound.

Anesthetics are used in hospitals during surgery. They block nerve signals from the brain so that patients don't feel pain and they work fast.

**The anesthetic found in *Apeaz™* is the strongest available without a prescription.**

The cream form allows users to directly target their area of pain. It works where it is applied. The company says this is why the product is so effective and fast acting.

***"Users can expect to feel relief immediately after applying,"*** explains Dr. Bassam Damaj, President of Innovus Pharmaceuticals.

"There will a pleasant warming sensation that is followed by a cool, soothing one. This is how you know that the active ingredients have reached the infected joint and tissue."

### Works In Minutes

For arthritis suffers, Apeaz offers impressive advantages over traditional medications. The most obvious is how quickly it relieves discomfort.

The cream contains the maximum approved dose of a top anesthetic, which penetrates the skin in a matter of minutes to numb the area that's in pain. This relief lasts for several hours.

Additional ingredients in the cream help suppress inflammation around tissues and joints. Published pre-clinical studies have shown that the ingredients in *Apeaz™* can also prevent further bone and cartilage destruction.

There are also no negative side effects from the oral medication. *Apeaz™* delivers its ingredients through the skin. Oral medications are absorbed in the digestive tract. Overtime, the chemicals in pills can tear the delicate lining of the stomach, causing ulcers and bleeding.

When compared to other arthritis medications, *Apeaz™* is a fraction of the cost. At less than $2 a day, the cream quickly is becoming a household name.

Those with terrible arthritis in their hands and fingers, love how easy Apeaz™ is to open. The jar fits in the palm of the hand, which makes it much easier to use.

### Instant Pain Relief Without a Prescription

Many *Apeaz™* users report significant improvements in daily aches and pain. Many more report increased flexibility and less stiffness. They are moving pain free for the first time in years, like Henry Esber, and early user of *Apeaz™*.

***"I've tried more pills than I can count. I've also had a handful of cortisone shots. Nothing is as effective as this product. With Apeaz™, I get relief right away. I rub a little on my knees and some through my hands. It keeps the pain away. It also prevents the pain from getting really bad. It's completely changed my life."***

### How It Works

"*Apeaz™* contains the highest, non-prescription dose of a medical compound that fights pain on contact. When applied to the skin it goes to work within minutes by penetrating right to the source of your pain, numbing the nerve endings."

**Apeaz™: Quick Acting Pain and Arthritis Cream is Now Available Without a Prescription**

**"This is why *Apeaz™* is so effective for people with arthritis.** It reduces pain while adding an additional layer of joint protection," explains Damaj.

### A New Way to Treat Pain

Although Dr. Damaj and his team say that their cream is the fastest and most effective way to relieve arthritis pain, they believe there is still a reason to take joint pills. **The most effective are those which help to further strengthen and support the joints.**

That's why every container of *Apeaz™* comes with ArthriVarx™, a breakthrough pill that's taking on joint support in an entirely new way.

ArthriVarx™ works on your joints, making it the perfect companion to *Apeaz™*.

"ArthriVarx™ contains special compounds published to lubricate the joints and connective tissues that surrounds them. With daily use, they improve joint health and can give an extra cushion," explains Dr. Damaj.

"When combined with *Apeaz™*, it becomes the perfect system to tackle arthritis. While the anesthetic component of *Apeaz™* is working on the outside, relieving pain on contact, ArthriVarx™ is working on the inside, adding cushioning to the joints"'

### A Powerful Combination For Arthritis and Joint Pain

With daily use, *Apeaz™* plus ArthriVarx™ helps users live a more vital, pain free life without any of the negative side effects or interactions associated with oral drugs.

By delivering fast, long-lasting, and targeted relief from joint pain and reducing inflammation and swelling that causes joint damage, Apeaz™ and ArthriVarx™ is the newest, most effective way to tackle your arthritis pain.

You can now enjoy an entirely new level of comfort that's both safe and affordable. It is also extremely effective, especially if nothing else has worked well for you.

### How to Get Apeaz™ in Pennsylvania

This is the official public release of *Apeaz™*. As such, the company is offering a special discounted supply to any joint-pain arthritis-sufferer who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Pennsylvania residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free hotline number is 1-800-405-8434 and will only be open for the next 48 hours. Only a limited discounted supply of *Apeaz™* is currently available in your region.

Consumers who miss out on our current product inventory will have to wait until more becomes available and that could take weeks. Experience the guaranteed *Apeaz™* relief already enjoyed by thousands of consumers. The company advises not to wait. Call 1-800-405-8434 today.

**Apeaz™ is an FDA drug with approved claims for the pain relief of the following conditions:**

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- Wrist, elbow, shoulder, hip, knee, ankle, foot, muscle or joint pain

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Todd Wilson is charged with abusing five children aged 4 to 12 on different occasions. MONTCO DA'S OFFICE

# Montco dad allegedly raped toddler, made kids molest each other

SAM NEWHOUSE
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A dad in Bridgeport borough is charged by the Montco DA with rape for allegedly sexually abusing a 4-year-old girl and forcing other kids to molest each other.

A Philly-area father was in court Tuesday on charges that he sexually abused five children — allegedly abusing a girlfriend's 4-year-old daughter and forcing others to perform sexual acts, the Montco DA's office announced.

Todd Anthony Wilson, 32, a resident of Bridgeport, a Montco borough near King of Prussia, is charged with rape, incest, sex abuse and assault crimes allegedly involving five young victims, ranging in ages from 4 to 12 and including some of his own children, and assaulted an ex-girlfriend.

"This is a horrible case involving the sexual abuse of young and vulnerable children," Montco DA Kevin Steele said in a statement.

Wilson has reportedly been in custody since May 1, when he was allegedly arrested for the incident involving the 4-year-old girl, a daughter of his girlfriend. He was hit with additional charges after the four children of an ex-girlfriend, including Wilson's own children, aged 6 to 12, told investigators they too had been abused.

None of the victims are being publicly identified. But the 4-year-old victim was identified as having suffered "significant vaginal trauma" after Wilson babysat her on April 30 while her mother was at a night college class.

The mother, Wilson's girlfriend at the time, brought the girl to Children's Hospital of Philadelphia that night. She told investigators she quickly became suspicious when she met Wilson at her Norristown apartment, where he was dropping the girl off. She said her daughter was in the shower when she arrived, and "looked scared" when she got out. She also said she discovered her daughter's slightly bloody underwear on the bedroom floor, with the aroma of Dove soap, which led her to believe it had been recently washed, according to a police report.

After Wilson left, the girlfriend learned upon questioning her daughter that Wilson had touched her inappropriately and brought her to the hospital. Wilson was arrested on May 1. While he was in custody, investigators learned about more abuse claims from the children of his former girlfriend, including a girl, 12, and three boys, aged 6, 8 and 9, who said they were forced to perform sex acts. The daughter reported being forced to have sex some two dozen times. The kids were also allegedly physically abused, with one boy allegedly belted in the head so hard his ear became partly detached. He said Wilson told him to lie that he fell off his bike if anyone asked about the injury.

**"This is a horrible case involving the sexual abuse of young and vulnerable children."**
Montco DA Kevin Steele

Wilson denied the charges in interviews to police, saying he may have injured the 4-year-old by accident while cleaning her. No defense attorney for Wilson could immediately be reached for comment.

"Our prosecutors will bring this man to justice and ask the court to separate him through incarceration from the victims and our community," Steele said in a statement.

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Gun control groups point to the regular toll of shootings across the United States as evidence that more needs to be done to rein in the proliferation of weapons. GETTY IMAGES

# Texas opens talks on school safety after shootings

Texas Gov. Greg Abbott opened a three-day series of discussions with lawmakers, school superintendents and public safety officials on improving school safety on Tuesday, days after a teenager killed 10 people at a Houston-area high school.

About 20 people, including supporters and opponents of arming teachers, attended the first meeting in the state capital, Austin, following the fourth-deadliest U.S. school shooting this year at Santa Fe High School in Santa Fe, Texas, on Friday.

"The problem is that innocent people are being shot and that must be stopped," Abbott, a staunch gun-rights supporter, told reporters before the meeting.

"We all want guns out of the hands of those who will try to murder our children. The questions is, what are we, the leaders of Texas, going to do to prevent this from happening again."

Abbott, a Republican, has vowed that any changes to state laws would "protect Second Amendment rights."

The Second Amendment of the U.S. Constitution enshrines the right to bear arms. Gun rights proponents say it prohibits regulations on gun ownership and that enforcement of existing laws should be sufficient to stop violent incidents like the one in Santa Fe.

Gun control groups point to the regular toll of shootings across the United States as evidence that more needs to be done to rein in the proliferation of weapons.

The U.S. Supreme Court has avoided major gun cases for a number of years, leaving in place restrictions on guns enacted by some states.

In contrast to Florida, where the killing of 17 teens and educators in February sparked a youth-led movement calling for new restrictions on gun ownership, the Texas tragedy saw elected officials and survivors alike voicing support for gun rights.

Some gun-rights proponents in Texas

**"We all want guns out of the hands of those who will try to murder our children..."**

Gov. Greg Abbott

have embraced the idea of arming teachers, a strategy advocated by the National Rifle Association and President Donald Trump. That solution is largely rejected by survivors and parents in Parkland, Florida, after the carnage there.

Police arrested Dimitrios Pagourtzis, 17, at the Santa Fe school following the rampage they said he committed with a shotgun and a .38-caliber pistol. He is charged with capital murder of 10 people — eight students and two teachers. REUTERS

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# Is intermittent fasting healthy? This is what you need to know

The popular "diet" has weight-loss benefits, but recent studies show it could increase your risk of diabetes.

SAM BRODSKY
Samantha.Brodsky@metro.us

Besides the keto diet, intermittent fasting has been the talk of the health sphere — and the internet — as one of the most popular diets in recent years. It entails alternating periods of fasting and eating. The bottom line is this: It's not necessarily about what you eat. It's about *when* you do.

Cara Harbstreet, M.S., R.D., told Shape.com that intermittent fasting is a "means of cycling between periods of fasting and eating, following a specific and predetermined pattern. People may be drawn to this form of dieting because it does not specify what to eat."

In a new study done on mice published Sunday, researchers from the University of Sao Paulo, Brazil, found that intermittent fasting could leave people at risk of developing type-2 diabetes. ISTOCK

## Here are a few intermittent fasting methods people follow:

**The 16:8 method**: This entails eating within an eight-hour period and fasting the rest of the day. Prevention.com calls this "Leangains."

**The warrior diet**: Here, you fast for 20 hours a day and eat one large meal every night.

**The 5:2 program**: This has you eating about 25 percent of your normal calories for two days per week. Author of "The Fast Diet," Michael Mosley, details that, on these days, women should be consuming 500 calories and men should be consuming 600. The rest of the week you eat normally.

**Eat-stop-eat**: Prevention.com describes this method has fasting for one or two full days a week and eating normally the remainder of the week. (These fasts are for a 24-hour period. For instance, after dinner on Tuesday, you'd refrain from eating until dinner on Wednesday night.)

**Two-meal day**: This requires that you eat just two meals a day, either breakfast and lunch or lunch and dinner.

## Is intermittent fasting healthy?

So, is intermittent fasting healthy? Yes and, like all lifestyle choices, no. It can have positive benefits toward your health, but there are some people who should avoid giving it a try altogether.

Harbstreet warned that anyone with an active eating disorder, orthorexia or "other disordered eating behaviors" should refrain from intermittent fasting of any kind. She said that intermittent fasting "can be especially challenging for those who become preoccupied with food or struggle with rebound overeating after a period of fasting."

It also goes without saying that those with hypoglycemia should be wary about trying intermittent fasting, as they're prone to low blood sugar levels. A recent study actually found that intermittent fasting increased hypoglycemia in type-2 diabetes patients.

"If you find that you can't get your mind off food and end up eating more than you would if you had not fasted, it's likely that intermittent fasting is doing more harm than good," Harbstreet stressed. "That goes not only for your health but also your relationship with food and how you nourish your body."

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# Scratch-and-sniff Forever stamps will be coming to Post Offices starting in June

Waiting in line at the Post Office can be a drag, but it'll smell a little better this summer.

The U.S. Postal Service just announced a line of scratch-and-sniff Forever stamps. The Frozen Treats stamps will feature illustrations of popsicles in various forms, ranging from chocolate confections to fruity refreshers, drawn by artist Margaret Berg.

Each stamp will have the same scent, though the USPS hasn't revealed exactly what they'll smell like.

Forever stamps — including the new Frozen Treats Forever stamp collection — currently cost $.50 each. UNITED STATES POSTAL SERVICE

**How much do Forever stamps cost?**

Forever stamps — including the new Frozen Treats Forever stamp collection — currently cost $.50 each, meaning a booklet of 10 will cost you $5. A booklet of 20 Frozen Treats Forever stamps will cost $10.

However, you don't have to get new stamps if you paid less than $.50 for the ones already in your desk. Forever stamps get the name because they'll always cover you, no matter if you purchased them for $.46 cents a few years ago.

Forever stamps are ideal for sending envelopes that weight one ounce or less. Letters than weigh more than one ounce will require additional postage — and it's best to weigh your envelope to get the exact amount you need. Mail that doesn't have the correct postage attached will either be returned, or the receiver will be required to pay the difference to get the mail.

**Where can you get Frozen Treats scratch-and-sniff Forever stamps?**

The Frozen Treats Forever stamps will be available for scratching and sniffing starting June 20 with a ceremony at the Thinkery Children's Museum in Austin, Texas.

Don't want to miss out on these scented stamps? You can preorder the Frozen Treats Forever stamps now on the U.S.P.S. website in booklets of 20 for $10.

Just don't try to eat them — they might smell like delicious treats, but we can promise they won't taste anywhere near as good as they smell. MEAGAN MORRIS

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Geologists say the current cycle of eruption is among the worst events in a century from one of the world's most active volcanoes. GETTY IMAGES

# Hawaii volcano eruption driving away millions in tourism dollars

Tourism authorities say summer bookings for hotels on Hawaii's Big Island have fallen almost 50 percent since the volcano began spewing lava and toxic gases on May 3.

**2M**

Two million visitors every year typically visit Hawaii Volcanoes National Park on the Big Island.

Cruise ships have canceled stops on Hawaii's Big Island. Hotel rooms will sit vacant this summer despite price cuts.

And guest house owners and tour guides that depend on the 2 million visitors each year to Hawaii Volcanoes National Park are wondering how long their families will go without any income.

The closure of the park, the state's top tourist destination, alone is costing the island $166 million, the National Park Service said on Monday.

The lost revenue rises to $222 million when some 2,000 jobs indirectly impacted by park tourists are included, according to a park service report.

Tourism is the Big Island's largest industry, and by far, biggest employer, providing more than 30 percent of private sector jobs in 2017, according to the Hawaii Visitors Bureau.

Erik Storm's EcoGuides business, which conducts tours of Hawaii Volcanoes National Park, ground to a halt a month ago when volcanic conditions made it too dangerous to visit lava areas.

"We have a family to support so we hope that the National Park will reopen again soon, otherwise this could have a serious impact on our life."

The volcano, however, shows no sign of quieting down. Geologists say the current cycle of eruption is among the worst events in a century from one of the world's most active volcanoes. A series of Kilauea eruptions in 1955 lasted 88 days.

Potential visitors to the Big Island have been spooked by images of lava torching homes, soldiers wearing gas masks and now deadly white clouds of acid and glass shards as molten rock streams into the Pacific.

While Kilauea's lava flows are in a small, roughly 10-square-mile rural area in the southeast Puna district, the volcano is having an impact on tourism across the Big Island, home to 200,000 people.

Beverly Oka's family-run Uncle Billy's Kona Bay Hotel is 120 miles west of the lava flows, but bookings through the summer months are down around 40 percent.

"We are not affected. We have some vog, but not more than usual," said Oka of the volcanic smog that routinely blows from Kilauea, which has been in a near constant state of eruption since 1983.

Norwegian Cruise Line canceled stops on the Big Island for its cruise ships due to "adverse conditions." Royal Caribbean Cruises nixed a port call in Hilo, the island's largest city, which is about 20 miles northeast of the volcano.

Rob Guzman and his husband Bob Kirk fled their guest-house rental business just 6 miles from the lava flows, unnerved by near constant tremors and clouds of toxic sulfur dioxide gas.

"We've lost more than half of our household income and many other people will be in the same situation indefinitely," said Guzman, a resident of Kalapana Seaview Estates, who is staying with friends north of Hilo. REUTERS

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# Civil rights groups warn Amazon about gov't use of facial recognition

Amazon, the world's largest online retailer, is not alone: Microsoft Corp. and Alphabet Inc.'s Google offer recognition services as well. GETTY IMAGES

U.S. civil liberties groups on Tuesday called on Amazon.com Inc to stop offering facial recognition services to governments, warning that the software could be used to target immigrants and people of color unfairly.

More than 40 groups sent a letter to Amazon Chief Executive Officer Jeff Bezos saying technology from the company's cloud computing unit was ripe for abuse. The letter underscores how new tools for identifying and tracking people could be used to empower surveillance states.

Amazon has marketed a range of uses for its Rekognition service, unveiled in late 2016. These include detecting offensive content, identifying celebrities and securing public safety.

In a blog post last year, Amazon said a new feature let customers "identify people of interest against a collection of millions of faces in near real-time, enabling use cases such as timely and accurate crime prevention." Customers provide the data for Amazon's tool to search.

"Seconds saved in the field can make the difference in saving a life," Chris Adzima, an analyst in the Washington County Sheriff's Office in Oregon, said in the blog post.

But rights groups say the powerful tool raises concerns.

"People should be free to walk down the street without being watched by the government," said the letter to Bezos. "Facial recognition in American communities threatens this freedom. In overpoliced communities of color, it could effectively eliminate it."

**"Facial recognition in American communities threatens this freedom. In overpoliced communities of color, it could effectively eliminate it."**

Chrish Adzima

Amazon has helped various U.S. jurisdictions use Rekognition, said the letter, citing public records obtained by affiliates of the American Civil Liberties Union.

In Oregon, law enforcement uploaded 300,000 mug shots dating to 2001 into Amazon's cloud and indexed them in Rekognition, according to another Amazon blog post.

Rekognition identified four faces with more than 80 percent similarity to an image of an unidentified hardware store thief; a Facebook search subsequently helped with the case, the post said.

The City of Orlando Police Department has also used Rekognition, according to Amazon's website.

In a statement, Amazon Web Services said, "Our quality of life would be much worse today if we outlawed new technology because some people could choose to abuse the technology."

Amazon requires customers abide by the law and be responsible when using Rekognition, it added.

The world's largest online retailer is not alone: Microsoft Corp. and Alphabet Inc.'s Google offer recognition services as well.

Identifying faces has become a common feature in consumer products from Apple Inc and Facebook Inc.

REUTERS

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# The Nocebo Effect: When Google makes you distrust what your doctor says

A group of scientists investigated the influence of the internet on patients' health, the so-called Nocebo Effect.

SERGIO TRUJILLO, MWN
letters@metro.us

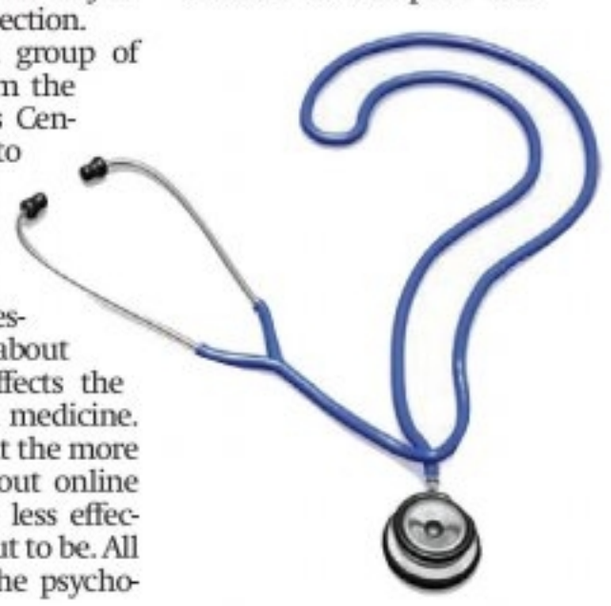
Who hasn't been there: logging on to Google to see what your symptoms mean? The popular search engine finds possible diseases and well, the list of results it delivers is not very hopeful. Now your anguished for allegedly having a very complicated condition to cure. Ironically, it becomes so repetitive and so convincing that you end up getting really sick. This is called the "Nocebo Effect."

This phenomenon is the opposite of the so-called Placebo Effect, the case in which the patient believes he is taking something that will make him feel better, in most cases achieving positive results. This has happened with pills and/or treatments without any medicinal value. Basically, achieving health improvements by just believing in the effectiveness of the treatment.

Well, the Nocebo Effect works in the same way in the opposite direction.

This time a group of researchers from the Health Sciences Center of Toronto headed by Dr. Baiju Shah published a study that stipulates the professionals' belief about the negative effects the internet has on medicine. It is claimed that the more people read about online treatments, the less effective they turn out to be. All this is due to the psychological factor of the little belief in the effectiveness of the medical procedure.

The team wanted to find out the levels of intolerance to statins in patients from 13 countries on five different continents. Statins are drugs used to lower cholesterol and triglyceride levels in patients in excessively harmful amounts. They decided to compare the



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Since the arrival of Google, the search engine has become a source of consultation. ALL IMAGES ISTOCK

levels of intolerance to the drug with the availability of web pages listing the different possible side effects that they could have.

This was determined by checking the number of existing pages on the subject when doing a Google search. They added up the different sites in the language corresponding to the country of origin and related it to the number of patients.

They realized that in countries like the U.S., the U.K., Canada and Australia, people tended to be more intolerant to statins. This coincides with the greater access to websites where the adverse effects of medicine are discussed. The intolerance of those English-speaking countries contrasted with the results obtained from cities in Asia and Eastern Europe, whose people developed more tolerance.

In conclusion, patients who had more access to side-effect information were more likely to suffer from them. For Dr. Baiju Shah this is something that has become very common.

"We see it clinically all the time," he said, "when patients talk about side effects, it's inevitably something they read on Google."

The existence of the Nocebo Effect is today something perfectly debatable. The psychological factor in medicine may not be an absolute truth, but it is correct that since the arrival of Google, the search engine has become a source of consultation for everyone, whether it be good or bad.

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SPECIAL

PA Cyber Charter students catching a Pittsburgh Pirates game. ALL PHOTOS PA CYBER CHARTER

# How cyber charter schools are changing what it means to be 'home schooled'

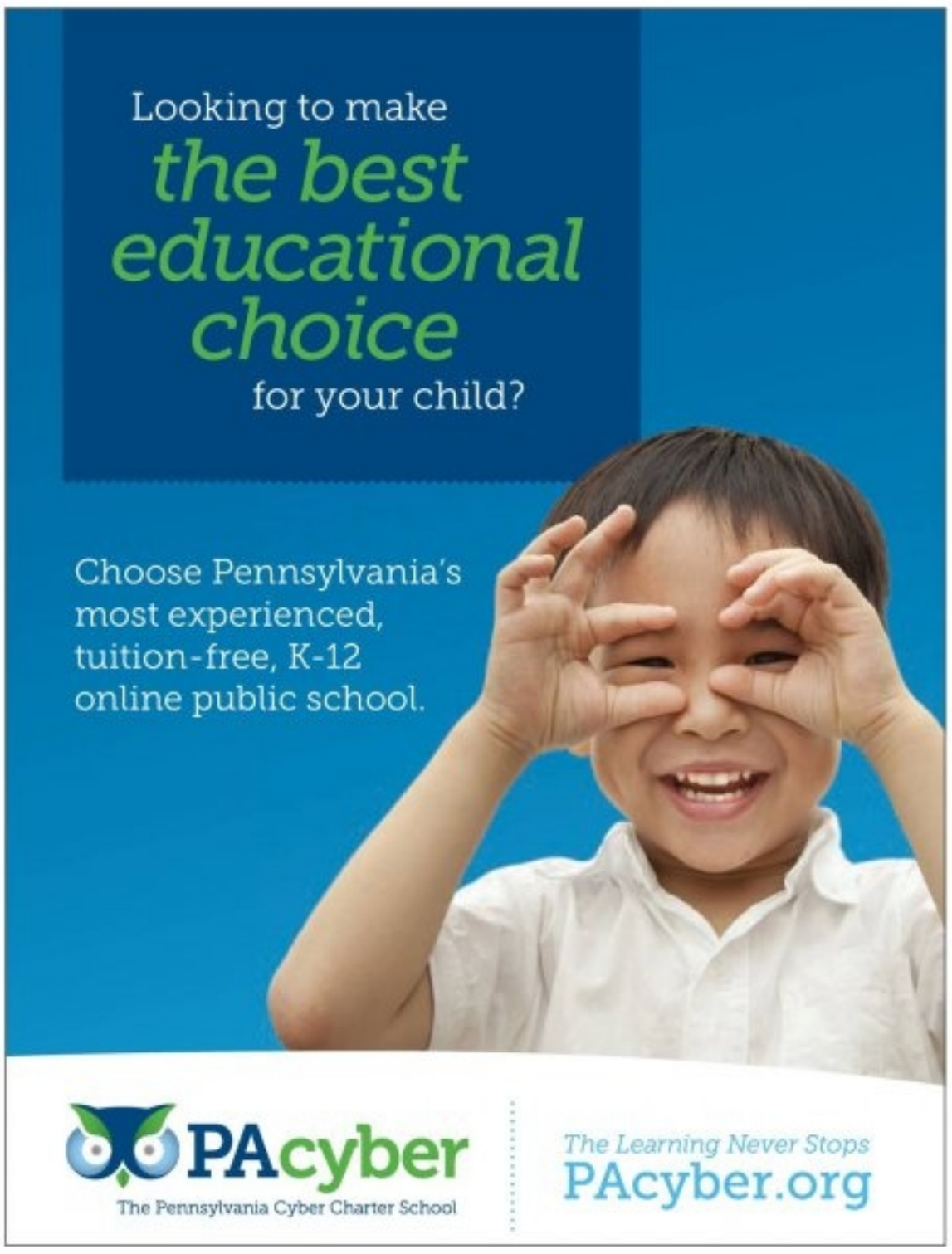
PA Cyber Charter School is helping its students learn on their own schedule.

PAT KING
patrick.king@metro.us

Finding the best charter school for your child can be a difficult thing. The most desirable ones may oftentimes not be within your school district and your only resort for quality education is to send your kids to an expensive private school that could be many miles away. So why do you have to limit yourself to the schools that are provided within these rigid district lines? This is exactly the problem that schools like the Pennsylvania Cyber Charter School are trying to evaporate with their easily accessible and completely online curriculum for Kindergarten through 12th-grade students.

**Learning possibilities in the digital age**

Ever since the school opened 18 years ago, PA Cyber Charter school has expanded their reach exponentially every year. "The school started with the purpose of educating a small amount of kids who lived just in this area at a time when most people had dial-up internet service," explains Brian Hayden, the schools Chief Financial Officer. "Cyber education didn't really have



its own curriculum. It was new and untested. There were some people here who made some very forward thinking attempts to start a cyber charter school."

The school came from humble beginnings. After only having two hundred students signed up in its first year, PA Cyber Charter School now has over 11,000 currently enrolled in its cutting-edge curriculum that is changing the boundaries of traditional education as we know it. The school provides each of its students with laptops, printers, scanners, digital curriculum, and even internet subsidies for families and even mobile internet access (MiFi) for students who may have more transient living situations than others. Providing this sort of access makes sure that students can learn in ways that makes the most sense for them, even in the most rural areas in Pennsylvania and even under the most dire circumstances.

"Last year we had around 100 homeless students that we also provided internet access to for various means," Hayden explains. "Those students are often given MiFis in that case. Wherever they happen to be living that day, they can access their education."

### Making education accessible to all students

For many students, the traditional aspects of school can be difficult to conform to. There may be many different extenuating circumstances that make it hard for them to attend, or, at best, a student can be learning at a pace far greater than a regular school's curriculum can allow. With PA Cyber, students can take go through the curriculum as fast or as slow as they'd like to fit around their schedule at home.

Hayden has witnessed it all during his time with the school. "We have a 14-year-old who is about to graduate and is on his way to earning a four-year degree in computer sciences," he explains. "We have kids who have come from being bullied and have anxiety in their traditional schools. We have kids who come from schools who have been determined to be 'underperforming' and don't live close enough to private schools. We have kids that are undergoing medical treatment that makes going to school difficult. Perhaps they have cancer and are getting chemo or radiation therapies. This way they can continue to attend school regardless of how they are feeling that day."

PA Cyber Charter students.

This new form of online curriculum could be the future of education in America. And even though the students all learn from home, they all have the opportunities to meet outside of the classroom for events like trips to Pittsburgh Pirates games and even a prom set up by the school. Hayden does not lose sight of how vast the possibilities are for students at PA Cyber. "When I first started to get involved in this school, somebody said to me, 'If there are 10,000 students, there are 10,000 reasons why people come here,'" he says. "There are no reasons why people come here, there are many reasons why people come here."

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# Why a charter school may be right for your child

Charter schools can offer a completely unique experience.

PAT KING
patrick.king@metro.us

You have probably heard the tidbits of the long debate over what kind of free schools parents should send their kids to. Should parents send their children to the local public schools in their area, or should they opt for a different choice and by applying to free charter schools? It's a tough decision to make. But, do you really know what they charter schools in your area have to offer? Let's uncover why a charter school might be the best choice for your child. But first …

**What is a charter school?**

According to the National Alliance for Public Charters, a charter school is defined as "independently-operated public schools that have the freedom to design classrooms that meet their students' needs." These schools are funded by either a nonprofit organization, a government agency or a local university. Each of these schools are held to a high standard in connection with the "charter" that has been drafted between the school and the foundation funding it. Because they are funded by specific organizations or — in many common cases — former teachers, these schools can have more unique curriculums than most state funded public schools.

**Charter schools provide unique experiences**

One of the great benefits that charter schools have over a public school is the freedom to build their curriculum and identity from the ground up. Many charter schools can be as flexible or as strict as they'd like. In the example of Southwest Philadelphia's Southwest Leadership Academy, they have chosen to enact a dress code and separate classes based on gender to help to "disengage from traditional societal pressures and focus on academic and leadership development." This kind of strict classroom etiquette is more in tune to what you would generally find in a private school rather than a free option. But, they have found that by keeping these rules enforced they have been able to make a dramatic change in the notoriously violent neighborhood of Southwest Philadelphia.

Make sure to check out the different schools in your area. ISTOCK

**Are they really better than public schools?**

Well, it depends. If you are looking at hard data alone, it's pretty hard to ignore how successful charter schools are in certain areas. One one hand, many of the top ten schools included in U.S. News and World Report's Best U.S. High Schools in the Country have been routinely charter schools. On the other hand, charter schools are much like public schools in terms of success rates in certain areas. Some areas have higher graduation rates than others. But one thing is for certain, your child will have a free and unique experience if they are enrolled in a local charter school. You just have to find the right one that fits their needs.

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# the GRUMBLE

## Seriously? No love for vaping?

BY PETER BLANKENSTEIN, HEALTH CARE DIRECTOR – PRINT AND DIGITAL

*Pat King*
*Grumble Editor*

Today, we have a rebuttal to my Grumble against "Vaping Indoors" from Metro's very own Peter Blankenstein. As a vape enthusiast himself, he's got a lot on his mind regarding this topic.

**VENT TO US! GRUMBLE@METRO.US**

### READERS REACT:

What's with all the vape haters? I smoked 2 packs of Newports every single day for years. I used to wake up coughing, having pain in my chest, and I couldn't run for more than 90 seconds without gasping for breath. I switched over to vaping almost three years ago and I feel great! I run 12 to 15 miles every week, and I can tell you with 100 percent certainty, that it is way healthier than smoking cigarettes. I speak to doctors on a daily basis about vaping studies, as it is my job, and the jury is in — HEALTHIER THAN CIGARETTES! I am just trying to better my life, so what's with all the hate, all the dirty looks on the street, and my personal favorite — people walking by me flailing their arms and covering their face, like I'm blowing poisonous gas into their face. What, is my awe-some-smelling Funkmaster Flakes bothering you? And please don't follow me on Twitter, as I don't have a Twitter account, because Twitter is silly, #UnSubscribe.

Peter enjoys a vape in the office. LENYON WHITAKER

### GRUMBLE RESPONSES:

**ANNOYING OFFICE THINGS!**
If you work in a large office building you know you are going to encounter all types of people. There are people that "reply all" to emails, people that bathe in cologne/perfume and people that don't "fill it" when they "kill it." I am referring to the communal coffee. I think it's a great "perk" (pun intended) that my office supplies free coffee to its employees. What is not great is when you go to fill up your cup with that much-needed pick-me-up, you push down the pump handle of the coffee carafe only to be greeted by the horrible gurgling sound of an empty container. My mother taught me, "You kill it, you fill it," or, if you take the last of something communal, it's your duty to replace it for the next person. I'm tired of people not thinking about the outside world and other people in it. Stop just thinking about yourself!
- **Kevin Reid**, *Metro US reader*

**PEOPLE TAKING UP SPACE ON CROWDED TRAINS!**
People who use their phones while hanging onto a bar or strap and taking up more room on a crowded train, having a fat backpack on their back and oblivious to how much room they're taking up.
- **Lorraine Albanese**, *Metro US reader*

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The winning caption from Lori Romanausky Zeaman, *Metro US reader*

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## metro.us/horoscopes

**Aries** Keep a low profile. Put your energy into something that you know will make a difference. Sit tight and don't make personal changes until investigating your options.

**Taurus** You've got all the right moves if you stay calm and execute your intentions in a steady and knowledgeable manner. Don't take on too much and making rash decisions.

**Gemini** A business trip or conference call will help you better understand what's expected of you. Doing research and talking to experts will help you figure out a way to fulfill your promises.

**Cancer** A new look will lift your spirits. You can sign a contract, make a personal commitment and alter your current home life to better suit your needs. Romance is highlighted.

**Leo** Get along with your peers. Collaborate with people who keep up with new concepts, technology and information, but don't force yourself to think the same way.

**Virgo** A meeting will help you understand what's going on. Talk to an expert or someone close to you who has valuable information. Express your thoughts and feelings.

**Libra** Work alone or at least keep what you are doing a secret. It's best not to present what you are working on until you have everything in place. Handle domestic problems pragmatically.

**Scorpio** Do what you can to help out, but don't force your will on anyone. Listen to others and understand their problems, and offer suggestions. Personal improvements are encouraged.

**Sagittarius** Don't be too quick to share your feelings. Someone will use personal information against you to make you look bad. Make doing your work and finishing what you start your priorities.

**Capricorn** A change will do you good. Visit someone you find interesting and discuss matters that will help clear up any uncertainty you've been feeling. A friendly gesture will be well-received.

**Aquarius** Channel your energy into making physical improvements at home. Don't get into a scuffle with someone over something you cannot change. Avoid unpredictable or indulgent people.

**Pisces** Emotional misunderstandings are likely to develop if you aren't forthright about your feelings or are dealing with someone evasive. Be direct and ask questions. EUGENIA LAST

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DEAR SCHOOL'S OUT FOR SUMMER,
Meryl Levitz is the president and CEO of Visit Philadelphia.
R. KENNEDY

# Community Spotlight: Meryl Levitz of Visit Philadelphia

The woman who put Philly on the map is being honored by the Arts and Business Council.

JENNIFER LOGUE
jennifer.logue@metro.us

When Meryl Levitz first came to Philadelphia, the year was 1971 and the city had a lot of growing to do.

"It was nothing like the Philadelphia of today," Levitz says. "No skyline, no place to eat, no image, very little self confidence — it looked like a city that hadn't quite caught up with itself yet."

Her husband had been recruited by the University of Pennsylvania to do research, and the opportunity brought both him and Levitz to Philadelphia from Chicago.

"I was a teacher at the time," she says. "I taught for two years in Marple Newtown School District. I taught English to foreign students at the University of Pennsylvania and I taught teachers at what now is the University of the Arts which I enjoyed very much."

Levitz's passion for teaching led her to start a business with a colleague, instructing Center City businesses on how to set up shop.

"It led to the formation of Center City Proprietors," she says. "I co-founded it with five other people in 1978 and we promoted Center City under the banner: 'There's no shopping center like shopping Center City.'"

Whether she knew it or not at the time, Levitz was well on her way to making a huge impact on Philadelphia's growth. Her involvement with Center City Proprietors opened a door at the Pennsylvania Convention & Visitor's Bureau (PHLCVB), where she eventually became a staff member.

"In 1985 they asked me to join the staff for a newly created position, because they were a partner in a 1987 celebration called 'We the People.' They needed someone to dream up and run events," she says. "I accepted the position, starting there in 1986."

At that time, Ronald Reagan was president and called on cities to come up with ways to celebrate America. Levitz created an event called the Jambalaya Jam, which was a collaboration between New Orleans and Philadelphia.

"Believe it or not, the two cities have a lot in common," she says. "It was one of my favorite things that I've done — a wonderful celebration with great music, food and crafts. It led to the opening of the Great Plaza at Penn's Landing."

When Ed Rendell became mayor, it was thought that the hospitality industry could be a replacement industry for lost jobs in the region.

"He hired a consultant to figure out how to do that," Levitz says. "The consultant recommended to build a visitor's center in the Historic District and create a marketing organization that strictly marketed the city — building up its image, giving it an identity and an advertising budget."

Levitz headed up this new initiative, which was a three-year experiment at the time, but has evolved into what we now know as Visit Philadelphia.

Meryl Levitz's work has helped make Philly a tourism hot spot.
J. FUSCO

"One of my favorite quotes is by Wayne Gretzky and he says, 'You miss 100 percent of the shots you don't take, and I didn't feel like missing that shot. I took the job and here we are 22 years later."

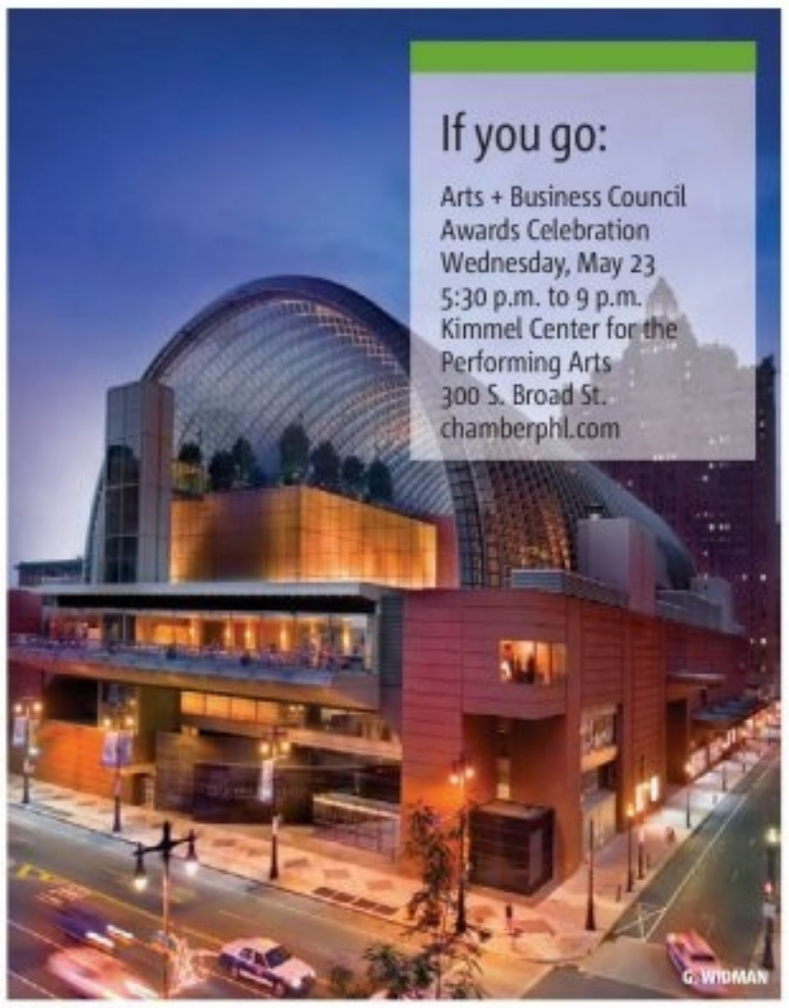
Flash forward to today, and Philadelphia is hotter than ever as a destination for travelers. According to the Visit Philadelphia website, over 42 million domestic visitors came to Philadelphia in 2016 alone, generating $11 billion in economic impact for the city.

So what has Levitz learned over the years as President and CEO of Visit Philadelphia? She says the most important thing is having a great team.

"We take great care in hiring and sometimes people complain that it's a drawn out process, but each one of our people here is a specialist," she says. "I'm the generalist but everyone else here is a specialist."

She also emphasizes the importance of never getting out of touch with your visitors.

"It's easy to get all wrapped up in paperwork, but it's extremely important to stay in touch with the visitor. Everybody has feedback




Levitz is being honored tonight at the Kimmel Center by the Arts + Business Council. R. KENNEDY

and ideas so try to get as much of it as you can," she says.

Finally, acknowledging that you can make a difference is vital.

"People always thought that New York and D.C. are our two rivals and that our location was unfortunate, being between two big powerhouses. We turned that upside down," Levitz says. "We said, 'Wait a minute, these can be big feeder markets for us. New York is our biggest feeder market, the Philadelphia tri-state area is second and D.C. is third. Look to your neighbors not as your enemies, but as your neighbors."

By the end of 2018, Levitz will step down as president and CEO of Visit Philadelphia. When asked about what's next for the city, she says the most important thing is keeping the collaborative spirit going.

"The Amazon bid, which was worked on by a wonderful collaborative of city, hospitality, businesses and agencies, pointed and continues to point at what's next for Philly. It's a wonderful thing to break down these silos and to say, 'Wait a second. We're all in the attraction business here. We all consider Philadelphia as a place to go to school, come and work, pursue a dream, visit, buy something or settle here. One of the next big things is seeing how we can keep up this collaborative approach. How can we all contribute to keep Philadelphia in its moment?"

Tonight, Levitz will be honored by the Arts + Business Council with the Anne d'Harnoncourt Award for Artistic Excellence, along with fellow nominees Joan Myers Brown of Philadanco! and Jane Golden of Mural Arts.

"First of all, I have no artistic talent whatsoever. But I guess I enable other people's talent," Levitz says of the award. "When I heard they were honoring women, I'm always supportive because part of our job was to help people catch up with having women around the table. How could I pass that up?"

Once she steps down from Visit Philly at the end of the year, Levitz is looking forward to some much needed downtime.

"After 40 years of promoting Philadelphia and the countryside, I am looking forward to having a 'to-don't' list rather than a 'to-do' list," she says. "After I have mastered that, I will be in a better position to know what's next."

*For more information on Meryl Levitz and Visit Philadelphia, visit visitphilly.com.*

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# Elixr Coffee is opening a new location

Can you guess where it is?

JENNIFER LOGUE
jennifer.logue@metro.us

Elixr Coffee is opening a new location in Philly at the end of May near 12th and Vine Streets.

The new 2,000 square foot space will be located at 315 N. 12th St., close to the Goldtex Building.

Founded by Evan Inatome in 2010, Elixr Coffee has been a Philly favorite. Its flagship store is located on Sydenham Street (between Walnut and Locust), but it also has locations in University City and is even served at Michael Schulson's Double Knot.

So what can we expect from the new Elixr location? It will include a lot of the same features as the flagship cafe, being open seven days a week from 7 a.m. to 5 p.m., with coffee options changing each month. The new space is 800 square feet larger than the original space and will even allow visitors to catch a glimpse into the roasting plant.

For the true coffee connoisseurs, there will also be an "omakase coffee" tasting bar, where you can taste five unique cups of joe per flight. Talk about a caffeine rush.

"This is a really exciting time for Elixr," says Inatome in a press release. "I came to Philly to realize my dream of launching a serious coffee business about eight years ago, and I knew when I arrived in the city that it was the right time and place open. We've grown so much over the past couple of years, and we have some really amazing things to finally unveil with the opening of our new roastery."

*For more information on Elixr, visit elixrcoffee.com.*

Elixr's flagship location is located on Sydenham St., between Walnut and Locust in Center City. TED NGHIEM

**"He's now in the rising ranks of the company, is part of the buying, education, training and everything else you can imagine a small artisan coffee brand like ours needs."**

**Evan Inatome**

**Did you know**

Star barista T. Benjamin Fischer of Elixr earned second place honors at the U.S. Barista Championships last month.

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# ‘The Toys That Made Us’ returns for a second nostalgia-filled season

Take another trip down memory lane with the popular Netflix series.

ANDREW HUSBAND
letters@metro.us

Toys are more than just kid stuff. NETFLIX

In December, the documentary series “The Toys That Made Us” surprised critics and Netflix subscribers with just how great it was.

They were probably expecting a show about the toys that helped shape American popular culture to be nothing more than a historical recounting with talking heads, but that is precisely what it is not. On Friday, a second season will debut brand-new episodes detailing the stories behind four more toy lines, and their significance these past few decades.

Created by Brian Volk-Weiss, who is best known for his work at Comedy Dynamics, the company responsible for some of the best stand-up comedy specials in recent years, “The Toys That Made Us” is just one of Netflix’s many attempts to dominate its catalog with original programming. And judging by how well-received the first season was by critics and viewers alike, that four more episodes are about to drop should come as no surprise.

The first season began with a bang over the winter with episodes dedicated to the Star Wars, Barbie, He-Man and G.I. Joe toy lines. Rather than simply sticking to a chronological retelling of how they were made, however, “The Toys That Made Us” focuses on both their history and their pop cultural significance. Hence why the very first entry dives into the story of Lucasfilm’s decision to have the small Kenner toy company produce its first Star Wars toys.

Combining interviews and narration by Donald Ian Black with reenactments and archival footage, each episode attempts to pinpoint precisely why these toys became so desired by so many people. Not just the young children initially targeted by the toy makers, but also the toy makers themselves, as well as the older collectors and pop culture experts whose lives seemingly revolve around them.

Season 2 adds four more episodes about some of the most popular toys ever made later this week. This time around, the show delves into the respective worlds of the LEGO, Transformers, Hello Kitty and Star Trek toy lines. Much like Season 1, these new installments primarily concern original toys or toys based on other media that originated in America. However, the Hello Kitty episode will finally internationalize the series as its subject hails from Japan.

All four episodes of “The Toys That Made Us” Season 2 will begin streaming on Friday, exclusively on Netflix. You can easily get by watching these new episodes if you haven’t seen the first four entries yet. But if you want a taste of what to expect come Friday, however, you can binge-watch Season 1 right now.

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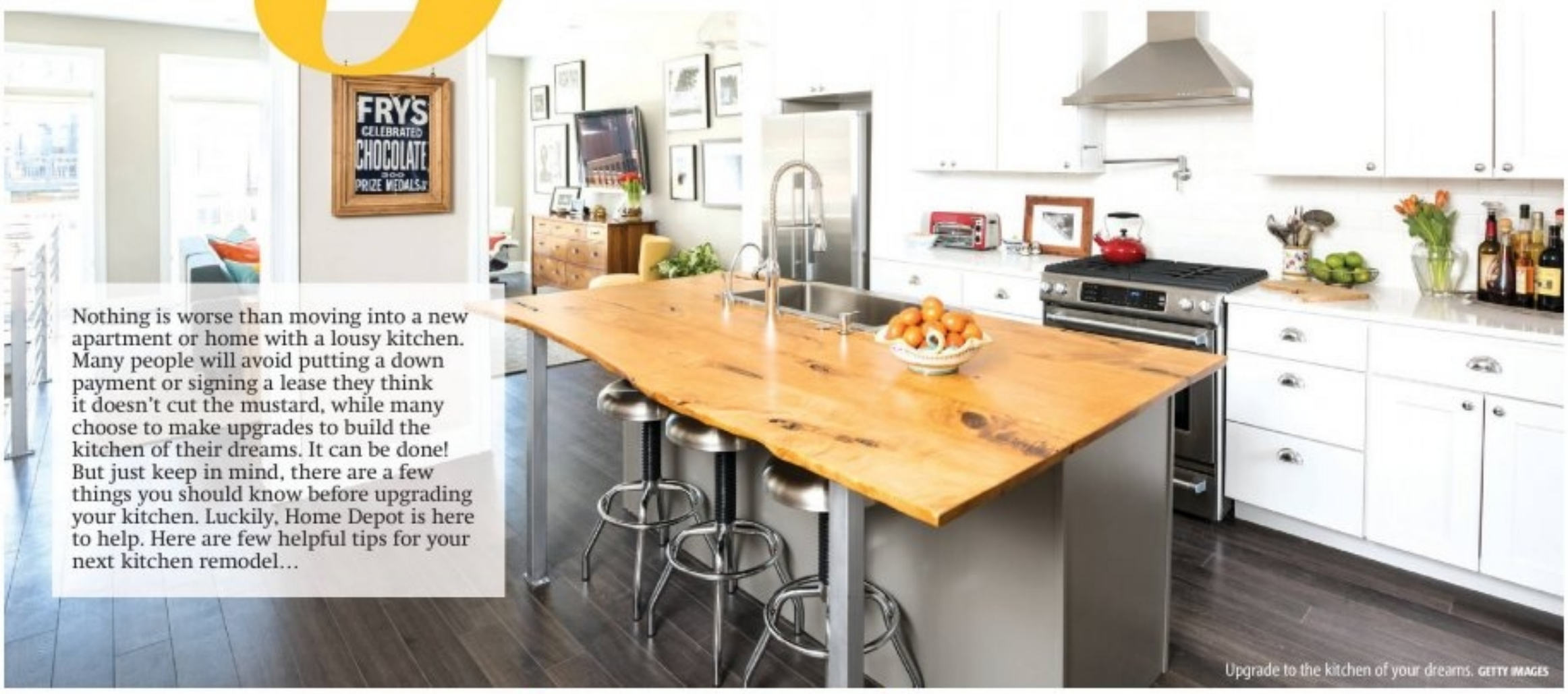
# 3 Things you should know before upgrading your kitchen

Remodel your kitchen the right way. PAT KING




Upgrade to the kitchen of your dreams. GETTY IMAGES

Nothing is worse than moving into a new apartment or home with a lousy kitchen. Many people will avoid putting a down payment or signing a lease they think it doesn't cut the mustard, while many choose to make upgrades to build the kitchen of their dreams. It can be done! But just keep in mind, there are a few things you should know before upgrading your kitchen. Luckily, Home Depot is here to help. Here are few helpful tips for your next kitchen remodel…

## 1 Does your kitchen have enough space for your new appliances?

You may have your eyes set on a certain sleek refrigerator or washer and dryer that would bring your kitchen into the modern era. But if you do not have the space to accompany these new units. Make sure that you thoroughly take inventory of the space available in your kitchen before attempting to install them. You could wind up cutting down your cooking wiggle room down considerably and setting off a claustrophobic reaction the next time you try to host Thanksgiving dinner.

## 2 How to remove your old kitchen faucet

Much to your dismay, removing a kitchen faucet isn't really as simple as unscrewing it from your sink and putting in the brand-new one. As it turns out, there is a little bit more that goes into it than that and you should really know how to do it before you find yourself and the rest of your kitchen covered with water.

First thing is first, you should turn off the water supply to your kitchen sink. There should be a tiny little valve next to each of the pipes running up to the faucet underneath the cabinet that houses your entire sink. Once that has been turned off, put a cloth up to the drain opening and place a bucket underneath the sink inside the cabinet so that you can catch any water that will come out as a result of the pressure being released from turning off the valve.

Next, take an adjustable wrench and wiggle the hot water and cold water lines from the sink. The nuts keeping the faucet in place will probably be stuck due to years of activity, so use some penetrating spray to wipe away the grime left behind. Once you have removed them, you are free to pull your old faucet head off of the sink and get ready to install your shiny new one.

## 3 Installing kitchen cabinets the right way

Having the right amount of cabinets to hang over your kitchen counter is a great way to store all of your essentials. It definitely beats having your dishes piled up in a drying rack next to your sink. But before you install your cabinets, there are a few things you should know before drilling them into your walls.

First, you should use a stud finder to locate the studs in your walls. If your home has wooden studs, drilling into them will give more support than simply drilling your cabinets into drywall. However if you have steel studs, you will need to avoid them as they will destroy your screws. In either case, you should mark on your wall where the studs are located.

Next, you should measure the dimensions of your cabinets and mark on your wall where you would like the base and the height to be on your walls. Using a level — with a piece of wood as a guide — mark your walls with exactly where the cabinets should sit against your walls. Once you have plotted this out, you are ready to start drilling.

Make sure to check out more kitchen upgrade tips from Home Depot at *homedepot.com/c/kitchen_ideas.*

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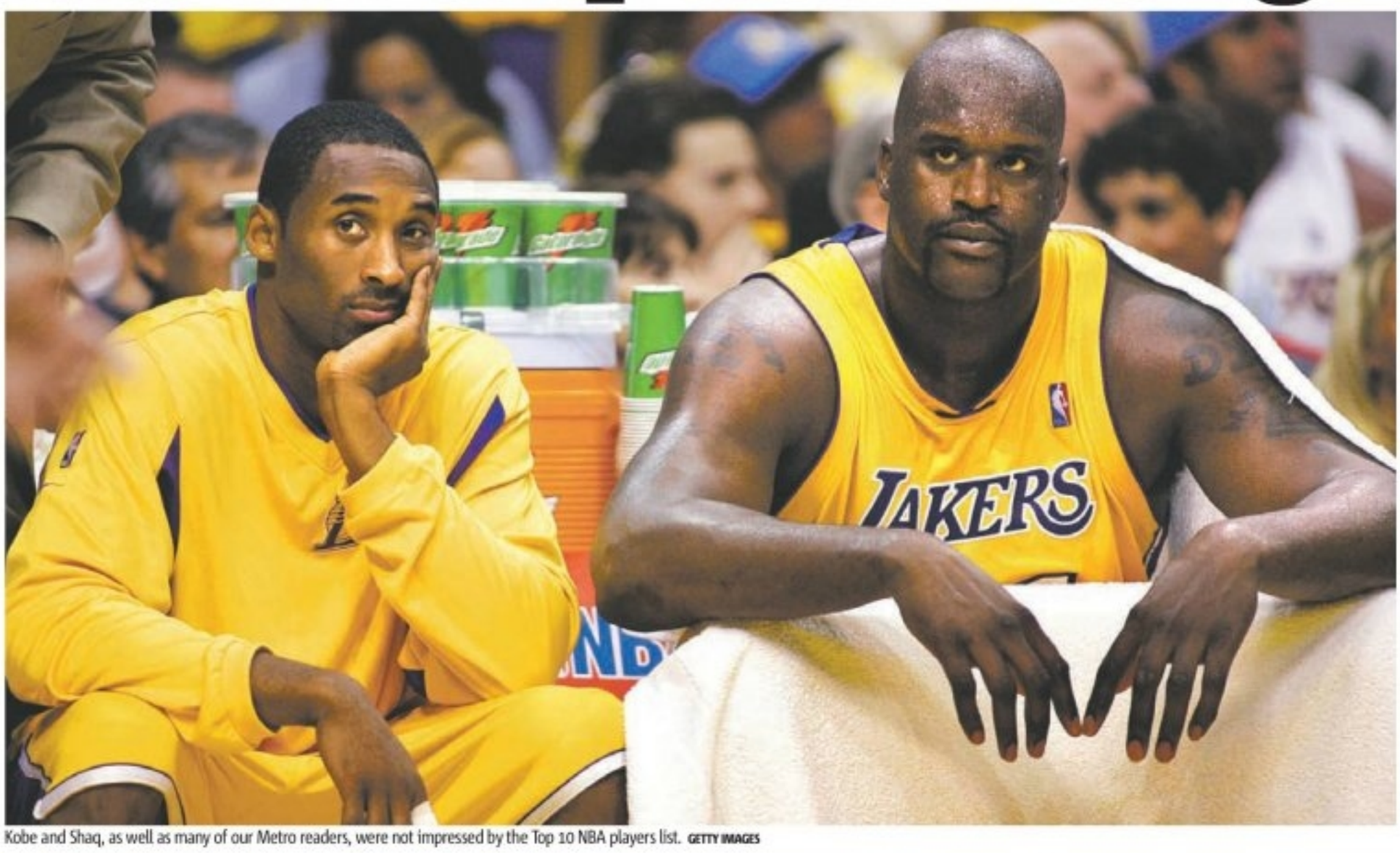
# Metro readers fire back at NBA Top 10 rankings


Kobe and Shaq, as well as many of our Metro readers, were not impressed by the Top 10 NBA players list. GETTY IMAGES

OPINION

MATT BURKE
@Burke_Metro

Not too surprising, but our Top 10 NBA players of all-time list once again got people's blood boiling. Rarely is there full agreement on this thing, as this list has become one of the best sports arguments out there. Everyone has "their guy."

Predictably, most people had beef with Wilt Chamberlain being so low. Also this year there were also a lot of cries about why Kobe and Shaq were left off the list.

We respond to your responses here.

**@ZMoneyBC: Disrespectful list. Many picks I disagree with but not including Kobe Bryant is a nefarious travesty … You really leaving Kobe off your list like that? Really Bruhhh? Bill Russell #2?! Kareem that low!? Where is the reasoning for leaving both Kobe and Shaq off? How in the world could one even argue Duncan or West is better?**

Burke: I always go back to this argument with Kobe. His Lakers finished with a record of 34-48 in 2004-05 and they missed the playoffs altogether. Kobe was IN HIS PRIME. No other player on this list missed the playoffs in their prime.

As for Shaq, the difference between him and Duncan is that Duncan had sustained excellence. Shaq's peak was higher than Duncan's, just like Bird's peak was higher than Magic's. But both Duncan and Magic always had their respective teams in the mix for a title – year-in and year-out.

**Donna Jones: Hey Matt, I'm griping about Dr. J from Philadelphia not being on that Top 10 greatest**

## Metro Top 10

Here is the list that has everyone up in arms.

1. Michael Jordan
2. Bill Russell
3. LeBron James
4. Magic Johnson
5. Larry Bird
6. K. Abdul-Jabbar
7. Tim Duncan
8. Wilt Chamberlain
9. Jerry West
10. Hakeem Olajuwon

**NBA list in the Metro. R U Kidding?!**

Burke: Dr. J is close, but no cigar. A lot of his prime was spent in the ABA against inferior competition, and he won just one NBA title. If you replaced Jerry West (who also has just one title) with Doc on your list I wouldn't gripe too much. But to put Julius higher than No. 9 or so is a big ask.

**@toney_stacks: Wilt at No. 8?!**

Burke: You Wilt people are relentless. He was a man amongst boys, right? Russell ate his lunch in every NBA Finals … and Shaq was a man amongst boys, too. Shaq didn't make my list. I'm doing you a favor.

**Chip Rawls:**
1. Wilt
2. Russell
3. LeBron
4. Oscar
5. Michael Jordan
6. Jerry West
7. Kareem
8. Elgin Baylor
9. Bob Pettit
10. Julius Erving

Burke: I'm guessing Chip hasn't downloaded that new Childish Gambino song yet as six out of the top 10 players on his list retired before LeBron James was even alive. Michael Jordan at No. 5 is a first, too.

**Stephen Bowman: Hey Matt, I'm not going to berate you about your list because these lists are supposed to be objective, although LeBron moving ahead of Magic and Bird is about as plausible as how far ahead his hairline has moved. But the main criticism - no Shaq or Kobe? Now I know, as a Celtics fan the Lakers are normally despised - but as a basketball fan these were two of the best players of their generation. And for a time, both played for the Lakers at the same time! So if championships are the tiebreaker, both won more than LeBron. With or without each other. Either way, love the debate the list sparks! And, I enjoy the column.**

Burke: Fair enough, Stephen. Thanks for reading.

## Eagles release Kendricks

The Eagles released linebacker Mychal Kendricks on Tuesday and immediately paid for it as fellow linebacker Paul Worrilow was carted off the field after colliding with a teammate at OTAs. For more on the release of Kendricks and Eagles OTAs, please see Metro.us GETTY IMAGES

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# Herrera leading Phils in big series against Braves

While his on-base streak might be over, Herrera has the Phillies flying high going into their big series against the Braves.

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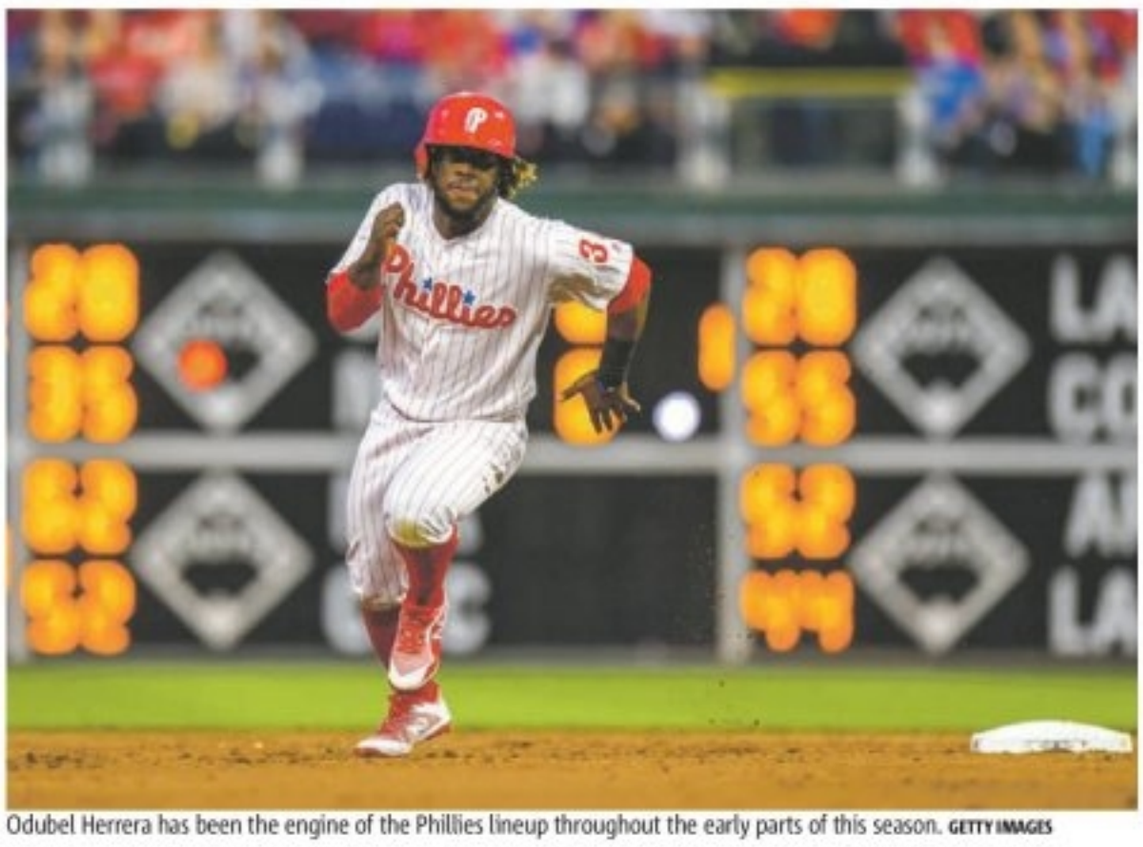
Odubel Herrera has been the engine of the Phillies lineup throughout the early parts of this season. GETTY IMAGES

Streaks are fun to follow; the longer one continues, the higher the anticipation. Such was the case with the Phillies Odubel Herrera's on-base streak. Heading into Sunday's series finale against the St. Louis Cardinals, Herrera had reached base 45 consecutive games dating back to September of last season. He went 0-for-3 on Sunday with two strikeouts when he stepped to the plate in the ninth inning, hoping to keep his streak intact.

Reliever Jordan Hicks was on the mound, and the Cardinals were winning 5-1. Hicks had Herrera down 1-2 in the count when he fouled a ball off. The very next pitch he struck out swinging, but it was a wild pitch. Despite reaching first base safely, Herrera's streak was over because the strikeout took place before he got on base.

"At some point, the streak had to end," Herrera said. "Now I'm looking forward to starting a new streak."

Herrera's teammates admire his tenacity at the plate.

"He's pretty special," pitcher Aaron Nola told Matt Breen of philly.com. "His hands are so great. It's pretty fun to watch him at the plate. When you're watching him and he's out front, his hands are still back, so he can hit velocity and also foul off slow pitches. For me, that's a thing that's pretty special to watch. He can foul balls off when he needs to and then he puts a really good swing on the next pitch. He's a special player."

Herrera remains in excellent company with his 45-game on-base streak. The streak is fourth longest all-time in franchise history behind Mike Schmidt (56), Chuck Klein (49), and Bobby Abreu (48).

"What an incredible accomplishment," Phillies manager Gabe Kapler said. "I was looking at the list before the game of guys who have reached base somewhere in that many games, and wow, there are some Hall of Famers, some perennial All-Stars on that list, so he's in good company."

From an MLB perspective, the longest on-base streak belongs to Ted Williams at 84 games set in 1949.

Herrera hit .355 during his streak, and for this season he is batting a career-best .348, which currently leads the National League. The Phillies are currently entrenched in a big series considering it's only May as they are hosting the NL East-leading Atlanta Braves at Citizens Bank Park. While the Phillies dropped the first three series played against the Braves this season, they were only a half-game out of first after a Nick Pivetta gem on Monday night in a 3-0 Phillies win.

"There is a lot of adrenaline going into that series," Kapler said. "We feel like we match up very well against them, and, more than anything else, we're not going to get outworked or prepared."

**"There is a lot of adrenaline going into this series. ... We feel like we match up very well ... we're not going to get outworked or prepared."**
GABE KAPLER

The Braves came to town with the second-best team batting average in Major League Baseball and the third most runs scored. Comparatively, the Phillies team batting average (.238) ranked 19th and their 206 runs, 12th. In the nine games the two teams had squared off, the Braves had won six and scored 54 runs to the Phillies 30. The Braves also had the top road winning percentage in the National League, having won 17 of their 25 games away from Sun Trust Park.

That all goes out the window this week in Citizens Bank Park, though, as the Phillies are looking to stake their claim as top dogs in the division.

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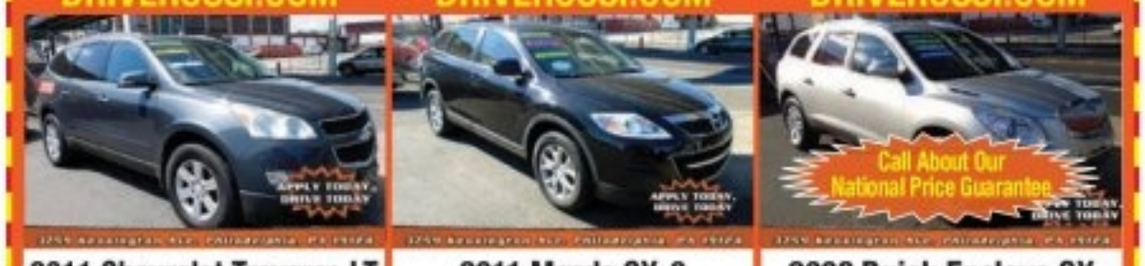


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# Porter could fall to Sixers, sitting at 10

Michael Porter is a surefire lottery pick. GETTY IMAGES

The 76ers could go several ways with the No. 10 overall pick in the NBA Draft.

Mikal Bridges from Villanova would be an obvious choice with his array of skills on both ends of the court. Oklahoma guard Trae Young, Alabama guard Collin Sexton Jr. and Michigan State's Miles Bridges would be solid picks.

If the Sixers can't grab Mikal Bridges, a tremendous second choice would be Missouri's Michael Porter Jr. Of course, this would be an extremely risky pick since the 6-foot-10 Porter missed the bulk of the season with an injured back. When he did step on the court, the ultra-talented forward showed why he was originally projected to be the No. 1 overall choice.

Basically, Porter can do it all – score, rebound, block shots, pass, defend and run the court. If Porter is cleared medically, look out. The Sixers could have a major steal awaiting them at No. 10.

In one of the most bizarre starts ever for a top-rated player, Porter suffered a back injury only two minutes into the season. Surgery was required and he sat out the majority of the season. Porter played in just three games and Missouri dropped all three, including an NCAA Tournament defeat to Florida State.

Porter's size, strength and shooting touch makes him an attractive target. Look at All-Star Kevin Durant, where he started as a raw rookie and where is now. Porter could easily project to that type of skill set. Durant is likely headed to the Hall of Fame. Porter must stay healthy and prove his body can handle the rigorous NBA schedule. If available at No. 10, the Sixers must strongly consider Porter.

Porter flashed parts of his all-around game by scoring 16 points in the NCAA loss to the Seminoles.

Following the loss, Missouri head coach Cuonzo Martin told reporters that Porter was far from a finished product.

"That's just what it is, when you're coming off of injuries, getting the rust off your body, getting the flow of games, getting the flow of situations," Martin said on the postgame podium.

Porter was the consensus Gatorade Player of the Year at Nathan Hale High School in Seattle after averaging 36.2 points, 13.8 rebounds and 5.0 assists. Porter's team finished 29-0, captured a state championship and finished as the No. 1 ranked team in the country by USA Today.

That back injury minimized all those numbers since Porter barely played at Missouri. Watching film of his high school days and it's easy to see why colleges were salivating over Porter.

The same likely goes for NBA scouts.

Sure, it's a risk. That's what is so scary. If he turns into Durant or Dirk Nowitzki, the team will be thrilled. If he turns into Greg Oden … well … the team will get roasted and the general manager may get fired.

Joel Embiid, Ben Simmons, Dario Saric and Michael Porter Jr. with a fifth starter is such an intriguing lineup. The Sixers would be versatile and dangerous. Between now and the NBA Draft, it's about due diligence, medical reports and interviewing Porter and those close to him. It's definitely worth checking out.

ANDY JASNER

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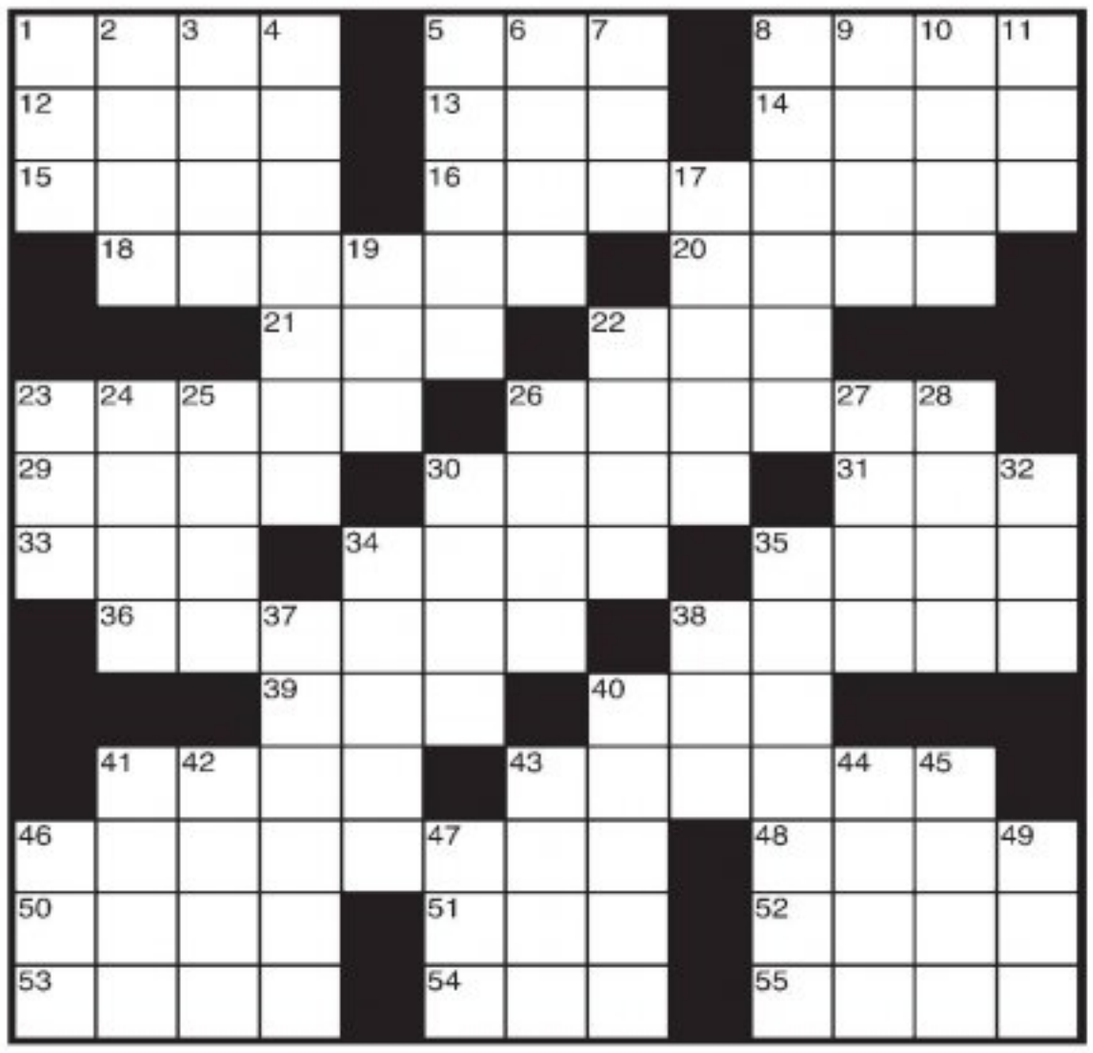
**ACROSS**

1 Cast
5 West Coast hrs.
8 Deadly snakes
12 Buffalo's lake
13 Cry of discovery
14 Game with mallets
15 Armor-crusher
16 A red wine
18 Place
20 Foul callers
21 Cinemax rival
22 Call – -- cab
23 Citrus fruits
26 Muffin morsel
29 Kimono closers
30 Sets down
31 – -Magnon
33 Rickey ingredient
34 Yours and mine
35 Request
36 Pony pad
38 Facetious tribute
39 Chit
40 Paleo opposite
41 Blouse part
43 Not in use
46 Amulet
48 Rust component
50 Husky's burden
51 Coq au --
52 Wheel hub
53 Pancho Villa's coin
54 Tissue layer
55 High spirits

**DOWN**

1 Appear indecisive
2 Europe-Asia range
3 "Miami Vice" cop
4 Spongers
5 Picasso's name
6 Wingtip
7 Road coating
8 Tarzan's moniker
9 Grease cutter
10 Fringe benefit
11 Chicago ballplayers
17 Occasions for seconds
19 Pumper's pride
22 Flowery months
23 Record, as mileage
24 Hieroglyphics bird
25 Money factory
26 Goods
27 USC rival
28 – bien, monsieur!
30 Humdinger
32 Cereal grain
34 Reed instruments
35 Combining resources
37 A martial art
38 Kin, for short
40 Long-term babysitter
41 Sturdy lock
42 Cheers for toreros
43 Go kaput
44 Unwritten test
45 Did a tapestry
46 Recipe meas.
47 Sports VIP
49 Once known as



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**easy**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | | 7 | | 2 | 5 | | |
| 2 | | | | 3 | | | | |
| 9 | 3 | | | 1 | 8 | | | |
| | | 9 | | 6 | | 3 | | |
| 3 | 4 | | | 7 | | | 2 | 6 |
| | | 6 | | 2 | | 8 | | |
| | | | 1 | 4 | | | 6 | 7 |
| | | | | 8 | | | | 1 |
| | | 1 | 6 | | 9 | | | 8 |

**hard**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 9 | | | | | |
| | 1 | 6 | 7 | 3 | | 8 | | 9 |
| | | 9 | | | 6 | | 3 | |
| | 7 | 4 | | | | | | 3 |
| 3 | | | 1 | | 8 | | | 2 |
| 2 | | | | | | 4 | 9 | |
| | 5 | | 4 | | | 3 | | |
| 9 | | 2 | | 8 | 1 | 5 | 7 | |
| | | | | | 3 | | | |

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| R1 | N1 | E1 | U1 | G2 | A1 | L1 | Double Word Score |
| | | | | | | | |
| A1 | A1 | R1 | E1 | T1 | S1 | Z10 | Triple Word Score |
| | | | | | | | |
| H4 | M3 | S1 | I1 | A1 | F4 | I1 | |
| | | | | | | | |
| E1 | D2 | T1 | I1 | I1 | F4 | C3 | 3rd Letter Triple |

RACK 1
RACK 2
RACK 3
RACK 4

NEW
TURN BACK TO PAGE 19 FOR HOROSCOPES

**Yesterday's Scrabble answers.**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| R1 | O1 | O1 | K5 | I1 | E1 | S1 | RACK 1 = | 71 |
| C3 | L1 | E1 | M3 | E1 | N1 | T1 | RACK 2 = | 72 |
| T1 | R1 | O1 | T1 | H4 | | | RACK 3 = | 8 |
| V4 | O1 | W4 | E1 | L1 | S1 | | RACK 4 = | 12 |
| F4 | R1 | I1 | T1 | T1 | S1 | | RACK 5 = | 27 |

Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Seven-letter words get a 50-point bonus. "Blanks" used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

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| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | I | R | ■ | C | I | N | E | ■ | K | I | L | T | | |
| U | T | A | ■ | A | L | A | N | ■ | E | L | I | A | | |
| D | E | T | A | I | L | E | D | ■ | B | E | L | L | | |
| S | M | E | A | R | ■ | ■ | W | A | S | T | E | | | |
| ■ | ■ | ■ | H | O | P | ■ | F | E | B | ■ | ■ | ■ | | |
| K | I | T | E | ■ | E | K | E | S | ■ | W | E | T | | |
| U | S | E | D | ■ | C | A | T | ■ | ■ | O | R | O | | |
| N | E | A | ■ | ■ | T | R | I | ■ | P | L | A | T | | |
| G | E | L | ■ | O | I | L | S | ■ | I | F | S | O | | |
| ■ | ■ | ■ | A | N | N | ■ | H | A | L | ■ | ■ | ■ | | |
| L | O | A | D | S | ■ | ■ | ■ | N | A | C | H | O | | |
| U | R | G | E | ■ | P | A | C | I | F | I | E | D | | |
| S | E | E | P | ■ | A | M | P | S | ■ | T | A | I | | |
| H | O | S | T | ■ | T | O | R | E | ■ | E | T | E | | |

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- meet additional study criteria.

**Qualified participants will receive all study medication and study-related care from a dedicated team of medical staff at no cost. Health insurance is not required to participate.**

Center for Emotional Fitness - Cherry Hill, NJ

**866-DOC-LEON**

www.metro.us

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OCD

## Obsessive Compulsive Disorder

**If you are living with OCD, you may be interested in participating in a clinical research study of an investigational medication for adults with OCD.**

**Qualified Participants May Receive Study-Related:**

- INVESTIGATIONAL MEDICATION
- FOLLOW-UP VISITS
- COMPENSATION UP TO $900 FOR TIME AND TRAVEL FOR COMPLETING STUDY REQUIRED VISITS

CENTER FOR EMOTIONAL FITNESS

**866-DOC-LEON**

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# Depression is Real.
## So Are Your Options...

***A clinical research study is currently evaluating an investigational drug for its safety and effectiveness in the treatment of Major Depressive Disorder.***

IF YOU CAN ANSWER ***YES*** TO THESE QUESTIONS, YOU MAY BE ELIGIBLE TO PARTICIPATE.

- ☑ Are you 18 - 65 years old?
- ☑ Not getting adequate results with your current antidepressant therapy?
- ☑ Diagnosed with Major Depressive Disorder?

**TO LEARN MORE: 866-DOC-LEON**